




May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
National Anxiety and Depression week (May12-18) 	May is Mental Health Awareness Month 	1 10:00-11:00 Lift Now Support Group 11:00-11:45 Morning Meditation 12:00-1:00 PTSD Support 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Paso Robles Wellness Center Services Wellness Recovery Action Plan 3:00-5:00 pm Veteran's Support Group 6:00-7:30pm	2 10:00-11:00 Coffee w/Friends 11:00-12:30 June Calendar And Open House Planning	3 Center Closed For Staff Training <hr/> Join Us SATURDAY MAY 4TH 8:30-12:00 NAMI BEAUTIFUL MINDS WALK @ MEADOW PARK IN SLO
6 Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group Life House Wellness Center 6:30-8:00 NAMI Family Support Group	7 10:00-11:00 Coffee w/Friends 11:00-12:00 Healthy Habits 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour	8 10:00-11:00 Lift Now Support Group 11:00-12:00 Jewelry Making 12:00-1:00 PTSD Support 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Paso Robles Wellness Center Services Wellness Recovery Action Plan 3:00-5:00 pm Veteran's Support Group 6:00-7:30pm	9 11:00-2:00 Life House Open House	10  Staff Training Day
13 Paso Robles Wellness Center Services 935 Riverside Ave. Room #6 3:00-4:00 Living Mentally Well Support Group	14 10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour	15 10:00-11:00 Lift Now Support Group 11:00-12:00 Music Sophie Emmons 12:30-3:30 Hope House Open House Paso Robles Wellness Center Services Wellness Recovery Action Plan 3:00-5:00 pm Veteran's Support Group 6:00-7:30pm	16 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-1:00 Qigong Healing Sounds 12:30-3:00 Paso Bowl	17 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:00-2:00 Art Group
20 Paso Robles Wellness Center Services 935 Riverside Ave. room #6 3:00-4:00 Living Mentally Well Support Group Life House Wellness Center 6:30-8:00 NAMI Family Support	21 10:00-11:00 Coffee w/Friends 11:00-4:00 Lompoc Unity Event Talent Show 12:00-1:30 Job Club	22 10:00-11:00 Lift Now Support Group 11:00-11:45 Morning Meditation 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Paso Robles Wellness Center Services Wellness Recovery Action Plan 3:00-5:00 pm Veteran's Support Group 6:00-7:30pm	23 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00-3:00 Movie & Popcorn @ Life House	24 11:00-12:00 Coffee w/Friends 12:00-3:00 Safe Haven Open House
27 Closed for Memorial Day	28 10:00-11:00 Coffee w/Friends 11:00-12:00 Morning Yoga 12:00-1:30 Job Club 2:00-3:00 Coping with Anxiety 3:00-4:00 Office Hour	29 10:00-11:00 Lift Now Support Group 11:00-11:45 Morning Meditation 12:00-1:00 PTSD Support 1:30-2:30 Smoking Cessation 3:00-4:00 Dual Recovery Veteran's Support Group 6:00-7:30pm	30 10:00-11:00 Coffee w/Friends 11:00-12:00 Coping with Depression 12:00 3:00 Visit to Morro Bay Ruby Dragon Rock Shop	31 11:00-12:00 Coffee w/Friends 11:00-1:00 Parenting Support Group 12:00-1:00 Women's Group 1:00-2:00 Art Group 2:00-3:00 Grief Support Group